

Scaffold, Fall Protection & Ladder Safety



Basic Rules for Scaffolding

- Be sure the Competent Person checks ropes, bolted connections and all other scaffolding components prior to each workshift and after every occurrence which could affect the systems integrity. Call the rental company when in doubt about safety of the system.
 - Know the load limit of your scaffolding system. Calculate your entire load including personnel and material. Do not exceed load limit.
 - Be aware of and keep 10 feet away from any power lines.
 - Make sure no one is working under you. Make sure the area under you is roped off.
 - If people insist upon working under you, make sure the area underneath is posted with "Overhead Hazard" warning signs and that you use other precautions, if possible, such as a canopy structure or catch platform.
 - A toe board is to be used on the scaffold. The guardrail should also be screened if materials or tools might fall through the rail.
 - Make sure the walking/working surface on the scaffold is kept free of debris, tools, materials and other items.
-

Fall Protection

Before you go up...

- Plan your job & identify potential hazards
- Position the aerial lift safely & correct any hazards
- Inspect the aerial lift basket & clean its platform
- Inspect your anchor point, locking snap hook, harness & lanyard
- Only use manufacturer's anchor point!
- Don't go up until everything is safe
- Don't go up unless you are within the lift manufacturer's guidelines

In the air...

- Don't unhook from anchor point until it is safe to do so
- Be careful about other workers, tools, materials near you
- Don't work over other people unless you take extra precautions

If there is a problem with your hoist equipment or personal fall arrest system (PFAS)...

- Lower to ground, get to safety
- Notify your supervisor immediately
- Any PFAS (harness, lanyard, etc.) used to stop a fall is not to be used again... turn it in to your supervisor

PFAS Inspections

Harness Inspection

- Begin the inspection at one end of the harness, hold the body side of the belt toward you; grasp the belt placing your hands 6-8" apart. Bend the belt in an inverted "U." Look for frayed edges, broken fibers, pulled stitches, cuts or chemical damage.
- Check D rings and pads for distortion, cracks, breaks and rough/sharp edges. The D-ring bar should be at a 90° angle with the axis of the belt and should pivot freely.
- Note any unusual wear, frayed/cut fibers or distortion of buckles.
- Rivets should be tight and unable to be removed with your fingers. The rivet base and outside rivets should be flat against the material. Bent rivets will fail under stress.

Visual Indication of Damage

Heat (nylon becomes brittle, shriveled, brownish appearance)

Chemical (brownish color, transverse cracks in belt)

Molten Metal/Flame (webbing/rope strands fuse, shiny spots)

Paint/Solvents (will appear as chemical damage)

Lanyard Inspection

- When inspecting lanyards, begin at one end and work to the opposite end. Slowly rotate the lanyard so that the entire circumference is checked.
- While rotating a steel lanyard, watch for cuts, frayed areas, or unusual wear patterns on the wire. The use of steel lanyards for fall protection without a shock absorbing devices is not recommended.
- While bending webbing over a piece of pipe, observe each side of the webbed lanyard. This will reveal any cuts or breaks. Due to the limited elasticity of the web lanyard, fall protection without the use of a shock absorber is not recommended.
- While inspecting a rope lanyard, look for fuzzy, worn, broken or cut fibers. The rope diameter should be uniform throughout. When a rope lanyard is used for fall protection, a shock-absorbing system should be included.

Ladder Rules:

Ensure that straight ladders are fixed at least 3 feet above the upper landing surface

Keep ladders clean of mud or grease

Use step ladders on even surfaces with legs fully extended and locked into place

Carry tools in a tool pouch or tool belt

Maintain a 3-point contact on a ladder at all times

Face the ladder when ascending or descending

Keep your distance from power lines (at least 10 feet)

Mark the Ladder "Out of Service – Do Not Use" if you spot:

- Broken Rungs
- Missing or damaged cleats (feet)
- Missing or damaged locking device on a step ladder
- Dirt, oil or grease (this ladder can be put back into service after it is clean)

Ladder Inspections

A competent person must do inspections periodically and after any occurrence that could affect their safe use. For example: A ladder that falls over and hits the ground would need an inspection.

Always inspect:

- The "feet" or cleats of a ladder for damage
- The back of stepladders for stability
- Hooks and locks on straight ladders with extensions
- The rungs of the ladder for bends or breaks
- The locking mechanism on a step ladder